



IRVING RECREATION CENTER

SUMMER DAY CAMP 2016

Grades 3-4

The Road to Rio: Week 4

Welcome to Week 4 of Summer Day Camp! We're in the swing of things and looking forward to all the great activities this week!

THIS WEEK'S HIGHLIGHTS

Monday

We will start off with a quick reminder of rules for Irving Day Camp and break into our weekly teams. We will spend the morning playing with papier mache and geocaching in the parks around the center! After lunch, we will compete in a four-square tournament, sponge races and learn about agriculture. We will plant some seeds-in-a-bag to watch them grow all week!

Tuesday

In the morning, we will take a morning walk to South Branch Library. Please send your library card if your child has one! In the afternoon, we will be playing tennis, doing some yoga and finishing up crafts from Monday!

Wednesday

We will start off the morning making our very own nature bracelets! Then we will spend our late morning swimming at Irvingdale Pool. Remember your swim suit, a towel, sun screen and flip flops for the pool! After swimming, we will play some active games and check on our seedlings.

Thursday

It's Field Trip Day! Please remember to wear your orange shirt and socks! In the morning, we will be painting with nature. Around noon, we will take off for Skate Zone! Please note, we are not scheduled to return until approximately 4:00pm.

Friday

We will start off our "Fitness Friday" with an active game followed by swimming at Irvingdale Pool. Remember your swim suit, a towel, sun screen and flip flops for the pool! We will then have a mini-circuit workout to work on improving our fitness test scores. We will end the day with the winning team getting to choose the Team Choice of the week!

Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

Contact Us

402-441-7954 (Rec.Center)
402-405-6608 (K-2 phone)
402-405-6609 (3-4 phone)
402-405-6610 (5-7 phone)

FUNdamental
healthy me

A focused program where youth grow

You can also view our weekly newsletter online at
<http://lincoln.ne.gov/city/parks/irving/daycamp.htm>